

Abstract

The administration of the location area of research is in the area cape Tabalong district South Kalimantan province. Geographically located in 115°26'10" BT-115°33'30" BT and 2°7'30" LS-2°30'30" LS.

The high number of accidents caused by fatigue of the operator dump truck that took the issue of fatigue management work done by the company. The purpose of this study was to determine occupational accidents caused by fatigue and learn preventive measures that can provide solutions to reduce work place accidents dump truck operator.

Based retrieval of data from databases SHE-SiS showed that the incidence of fatigue in 2010-2012 occurred at 01.00-07.00 on the third shift, and who have a lot going on at the age of 20-25 years in 2010-2012. The incidence of fatigue was also plenty going on a long job <1-3 years in the years 2010-2012.

Data retrieval method based on questionnaire obtained results that most operators dump truck feel tired and bored with the job. In the breaks between the response ratio was sufficient and lest so thin despite 3 shift pattern has been implemented. Dump truck operators also often experience symptoms of fatigue in working on the third shift at rest time so must choose to sleep.

Design patterns shift work 2 and 3 can be determined by looking at the shift circadian rhythms because the old one's work in general everyday work well between 8-10 hours. Management done by the company in dealing with accidents caused by fatigue among other survivors fit checklist, observation of fatigue, fatigue survey operator family and fatigue management for family.